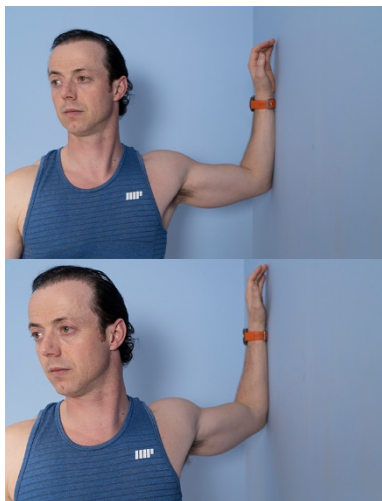


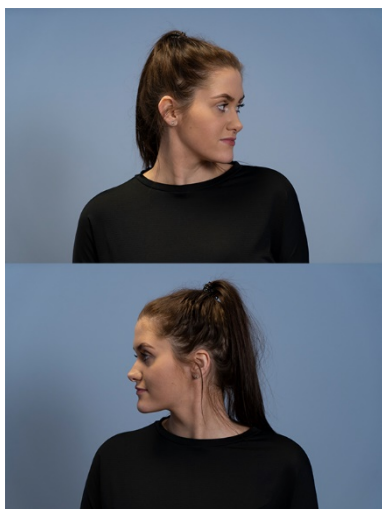
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.



8 reps / 3 sets / 1 minute rest

### 1. Chest stretch

- Place your forearm up the inside of a doorframe with the elbow bent to 90 degrees and elbow level with shoulder.
- Keeping the forearm in position push the shoulder forward till you feel a stretch or your symptoms.
- Hold in this position for up to 30 secs or until symptoms onset.



10 reps / 2-3 sets / 1 minute rest

### 2. Neck rotation

- In sitting looking forward, turn your head as far to one side as you can within your comfortable range.
- Then as quickly as you feel comfortable to, turn to the other side as far as you can within your comfortable range.
- Try to build the speed of movement over time as you feel able.



10 reps / 2-3 sets / 1 minute rest

### 3. Chin tuck

- In sitting with your head looking forwards.
- Gently push your chin in towards your throat (give yourself a double chin).
- Once you have got to the end of the movement hold gently with your fingers for 5 seconds.
- Relax and then repeat the movement.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.